

# Family Education Spring 2023 Calendar

## FAMILY EDUCATION: NEXT STEPS

### UNDERSTANDING RESPONSIVE BEHAVIOURS

Back by popular demand, Sylvia Davidson will focus on responsive behaviours such as suspicion, anger, repetitive questioning, and more. She will discuss the potential causes, and triggers for these behaviours, as well as effective ways for care partners to respond.

**Monday, April 24, 2023, 2 - 3 pm**

**Location:** Virtual via ZOOM

**Speaker:** Sylvia Davidson, MSc, OT Reg. (Ont.)

### COMPLICATED GRIEF: INTRODUCTION TO AMBIGUOUS LOSS

This session will focus on care partners' feelings of ambiguous loss (feelings of loss or grief when the person is still physically present) and how it can complicate grief and potentially make the caregiving experience even harder. This session will also speak about important coping techniques.

**Wednesday, May 10, 2023, 10 - 11 am**

**Location:** Virtual or Gordon Howard Centre, 384 Eveline St., Selkirk, MB

**Speaker:** Samantha Holland, Interlake/Eastern Regional Coordinator, Alzheimer Society of Manitoba

### MOVING FROM STRAIN TO STRENGTH - ADDRESSING CHALLENGING FAMILY DYNAMICS

Making decisions about care can be a stressful part of the dementia journey. This session will explore why communication becomes so difficult and how to move forward to most effectively support the person living with dementia.

**Wednesday, June 14, 2023, 2 - 3 pm**

**Location:** Virtual or Lindenwood Manor, Heritage Entrance, 100-490 Lindenwood Drive East, Winnipeg

**Speaker:** Lois Litz, Retired Spiritual Director, Lindenwood Manor

## LIVING WITH DEMENTIA: FIRST STEPS

A three-part information series for people supporting someone recently diagnosed with dementia. Learn from health and industry professionals about disease progression, future planning, programs and other resources.

**\*Please note you do not need to attend these in order.\***

### PART ONE: Saturday, April 1, 10 – 11:45 am

**Location:** Virtual or Alzheimer Society of Manitoba Boardroom, 10-120 Donald Street, Winnipeg, MB

- The progression of dementia
- Programs and services overview

**Speaker:** Dr. Barry Campbell, MD, FRCPC, Geriatric Psychiatry, St. Boniface Hospital, Winnipeg, MB

### PART TWO: Saturday, May 6, 10 – 11:45 am

**Location:** Virtual or Alzheimer Society of Manitoba Boardroom, 10-120 Donald Street, Winnipeg, MB

- Legal and financial matters

### PART THREE: Saturday, June 10, 10 – 11:45 am

**Location:** Virtual or Alzheimer Society of Manitoba Boardroom, 10-120 Donald Street, Winnipeg, MB

- Home care services and criteria

## REGISTRATION IS REQUIRED!



**LEARN MORE AND REGISTER TODAY AT ALZHEIMER.MB.CA!**

# Minds *in* Motion®

**Minds in Motion®** is a program designed for people with early to moderate signs of dementia to attend with a family member or friend. This weekly program offers 8 sessions including; a gentle chair fitness class followed by engaging activities and conversation.

## HOW TO REGISTER

Registration occurs through the location where the **Minds in Motion®** program takes place.

**Cost: \$65 per participant pair unless noted.**

## VIRTUAL SESSION

Alzheimer Society of Manitoba

**204-943-6622** - Via Zoom (**6 weeks - \$45/pair**)

Thursdays, Apr 13 - May 18 | 10 - 11:30 am

[Register Now!](#)

## WINNIPEG LOCATIONS

### Chalmers Community Centre

**311** - 480 Chalmers Ave.

Thursdays, Apr 13 - Jun 1 | 10:30 am - 12:30 pm

### Dakota Community Centre

**204-254-1010** - 1188 Dakota St.

Tuesdays, Apr 11 - May 30 | 1:30 - 3:30 pm

### Rady JCC Fitness Centre

**204-477-7510** - 123 Doncaster St.

Wednesdays, Apr 19 - Jun 7 | 10 am - 12 pm

### Riverwood Square

**204-275-7632** - 1778 Pembina Hwy.

Tuesdays, Apr 11 - May 30 | 10 am - 12 pm

### St. James Assiniboia 55+ Centre

**204-987-8850** - 3rd Floor - 203 Duffield St.

Tuesdays, Apr 11 - May 30 | 1:30 - 3:30 pm

*Full Program - \$75/members, \$95/non-members*

*Drop In - \$10/members, \$13/non-members*

### St. James Civic Centre

**311** - 2055 Ness Ave.

Fridays, Apr 14 - Jun. 2 | 1 - 3 pm

### The Wellness Institute

**204-632-3900** - 1075 Leila Ave.

Wednesdays, Apr 12 - May 31 | 1:30 - 3:30 pm

## REGIONAL LOCATIONS

### Altona - The Gardens on Tenth

**204-324-8945** - 140 10 Ave. NE

Mondays, Apr 17 - Jun 12 | 1:30 - 3:30 pm

\*NO CLASS MAY 22

### Brandon - Seniors for Seniors

**204-571-2050** - 311 Park Ave. East, Brandon, MB

Thursdays, Mar 23 - May 11 | 1:30 - 3:30 pm

### Portage la Prairie - Herman Prior Centre

**204-857-6951** - 40 Royal Rd. North

Wednesdays, May 3 - Jun 21 | 1:30 - 3:30 pm

### Selkirk - Gordon Howard Centre

**204-785-2092** - 384 Eveline St.

Wednesdays, Apr 5 - May 24 | 1 - 3 pm

### Steinbach - Pat Porter Active Living Centre

**204-320-4600** - 40 Royal Rd. North

Mondays, Apr 3 - May 29 | 10 am - 12 pm

\*NO CLASS MAY 22

### Winkler - Winkler Senior Centre

**204-857-6951** - 40 Royal Rd. North

Fridays, Apr 14 - Jun. 9 | 2 - 4 pm

\*NO CLASS MAY 26

## INTERESTED IN BECOMING A MINDS IN MOTION® VOLUNTEER?

**We're looking for volunteers to help facilitate Minds in Motion® programs in their community!**

Learn more about the program and the role at [alzheimer.mb.ca/mindsinmotion](http://alzheimer.mb.ca/mindsinmotion).

**For more information, please contact: Nicole McDonald, Dementia-Friendly Community Program Manager**

204-943-6622 | [nmcdonald@alzheimer.mb.ca](mailto:nmcdonald@alzheimer.mb.ca)

Alzheimer Society of Manitoba | 10-120 Donald St, Winnipeg MB, R3C 4G2 | Tel: 204-943-6622 Toll Free: 1-800-378-6699

**See Reverse for Family Education and Living with Dementia: First Steps & Next Steps Information**